

# **THE EFFECT OF ANTENATAL YOGA ON LABOUR OUTCOME**

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**Key words:** antenatal yoga ,active phase of labour,spontaneous labour,mode of delivery.

## **Background**

Remaining physically active during pregnancy is the most important thing a pregnant woman can do(1) .Atleast thirty minutes of moderate exercise each day is advocated for improving the health care and well being of non pregnant women (2) .The American College Of Obstetrics and Gynaecology recommends that this type of moderate exercise is applicable for pregnant women without medical or obstetric complications also (3) . Their are many literature that have suggested that antenatal yoga helps to recuperate sleep, decreases stress and anxiety , increase the strength , flexibility and endurance of pelvic floor muscles .

## **Objectives**

To evaluate the effectiveness of practicing yoga during antenatal period

- In reducing the duration of active phase of labour
- Mode of onset of labour

## **Methodology**

Prospective study

July 2013 to July 2014

In a series of 50 women attending the antenatal clinic of PSG hospitals who are given training to practice yoga as relaxation therapy during pregnancy and labour and compare with 50 antenatal women who obtain regular care .

## **Analysis**

The quantitative variables were assessed by unpaired t test.Comparison between 2 groups were made by non parametric Mann-Whitney test.ANOVA was used to asses the quantitative variables.Categoric variables were assessed using chi-square test.All data were analysed with a statistical software package.9SPSS,version 16.0 for windows)

## **Results**

2 women in the control group had preterm delivery .The bishop's score on admission was more than 5 for 19 women in the yoga group and 28 of them had a score less than 5 .Only 14 patients were induced at term as they did not get into spontaneous labour in the yoga group .17 women were induced who got the regular antenatal care. 33 mothers in yoga division got into spontaneous labour pains .In the yoga group 33 women had a vaginal delivery whereas in the control 40 women had vaginal delivery .Major advantage noted in this study was reduced duration of active phase of labour .16 women in the yoga group had 2-3 hours of active labour .In the control group 17 had an active phase of more than 4 hours Mean duration of active

phase of labour , in yoga group came about 190 minutes .The mean birth weight of the babies born to women practicing yoga was 3 .10 kg and 2 .99 kg in the control group .

## **Conclusion**

As per my study antenatal women doing yoga get into spontaneous labour at term .The duration of active phase of labour is significantly shorter for the women who practice yoga on a regular basis than who receive regular care .Even though the mode of delivery is not significantly altered , larger sample size is required to conclude this fact .No adverse effects were faced by any of the antenatal women who were doing yoga .The mode of delivery depends on a variety of factors and its multifactorial contribution cannot be compared in this study to compare the effect of antenatal yoga in the mode of delivery .

## **References**

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